

## **Fish Kebabs**

**Serves:** 6-8

### **Ingredients:**

1.5 lbs cod/monkfish/haddock  
6-8 skewers  
3 new potatoes, boiled, halved

### **For Marinade:**

2 thumb-size pieces of fresh ginger, thinly sliced  
Juice and zest of 1 lemon  
1 teaspoon turmeric  
2 cloves garlic  
2 dried chilies, crumbled  
1 handful fresh mint  
4 Tablespoon yogurt



### **Directions:**

1. Put all the marinade ingredients except yogurt into food processor. Blend until smooth.
2. Stir in yogurt.
3. Soak skewers in cold water to stop them from burning. Using skewers, skewer fish alternatively with new potatoes.
4. Drizzle with the marinade and grill for 2 minutes each side.

### **Nutrition Facts:**

Calories: 84

Carbohydrates: 7 grams

Sugar: 1 gram

Fat: 1 g

Protein 11.5 grams

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Tested in Portland Oregon VA Medical Center